

Maple-Sage Roasted Vegetables

6 servings

- Nonstick cooking spray
- 1 medium butternut (or acorn) squash, scrubbed under running water, peeled, seeded, and cut into ½-inch chunks
- 1 medium sweet potato, scrubbed under running water, cut into ½-inch chunks
- 2 cups turnips, scrubbed under running water, cut into ½-inch chunks
- 2 Tablespoons olive oil
- Pinch of salt (optional)
- 1 Tablespoon fresh sage, gently rubbed under rubbing water, chopped OR 1 teaspoon dried sage
- 2 Tablespoons maple syrup
- 2 Tablespoons vinegar (apple cider, red wine, or distilled white wine vinegar)
- 1 teaspoon mustard



1. Wash hands with soap and water.
2. Spray a large baking sheet with nonstick cooking spray. Set aside.
3. Preheat oven to 425°F. In a large bowl, combine squash, sweet potato, and turnips. Add olive oil and stir to coat the vegetables. Spread onto prepared baking sheet so that they are not touching and sprinkle with a little salt, if desired, and fresh sage.
4. Roast vegetables in the oven for 25 to 35 minutes, or until vegetables are tender and begin to brown. Stir every 10 minutes so the vegetables cook evenly.
5. In a small bowl, mix the maple syrup, vinegar, and mustard. Use a spoon to drizzle mixture over the roasted vegetables. Return to the oven and roast another 7 to 10 minutes. Remove and serve warm.
6. Store leftovers in a sealed container in the refrigerator for up to four days.

Source: This recipe is adapted from The Sioux Chef's Indigenous Kitchen cookbook.

Nutrition Information per Serving (1/6 of recipe): Calories 130, Total Fat 5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 75mg, Total Carbohydrates 20g, Fiber 4g, Total Sugars 10g, includes 4g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 8%.